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FAST TIMES WITH JESSE AND AZIZ
LAUGHING ALL THE WAY TO THE BANK HEIST {page 11}

SHARING THE ROAD
CAR-BIKE FEUD EXAMINED {page 4}

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Weekend, August 12-14, 2011
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News worth sharing.

Perfect. Swirl

▶ William Goddard, 7, of London swirls ice cream into a cup Thursday at Dairy Queen, 993 Wellington Rd. S., during Miracle Treat Day. Store co-owner Michael Pope helped William perfect the art of Blizzard-making during the fundraiser for children's hospitals across Canada.

ANGELA MULLINS/FOR METRO

It's a treat to help make miracles happen

William, who was born four months premature, has been through multiple surgeries and has been in and out hospital wards for much of his life. If you bought a Blizzard on Thursday, you contributed to the cost of caring for children like him. Proceeds from all Blizzards sold in Southwest Ontario will be donated to Children's Hospital at the London Health Sciences Centre. The fundraiser is a partnership between Dairy Queen and the Children's Miracle Network.

All eyes on jobs

- **Meeting called to engage multiple sectors**
- **Fontana wants London to be front-runner in economic opportunities and job creation**

Jobs and how to bring more of them to London will take centre stage Friday at city hall.

A week to the day after the unemployment rate officially landed at 9.1 per cent — the highest of any major Canadian city — nearly 50 people with ties to the local economy are meeting to talk about fixing the problem.

Mayor Joe Fontana, who announced the meeting shortly after Statistics Canada's July Labour Force report was released, has overcome everything from summer vacations to tight schedules to make the summit happen.

"I like to take issues head on," Fontana said Thursday. "I don't believe in putting them under the rug."

Key to today's discussion will be a focus on short-term solutions.

Fontana is confident the city's new strategic plan will create aggressive growth in the long term. Friday's roundtable is more about finding a way to create one job at 500 to 1,000 companies, rather than recruiting one company that needs a massive work force, the mayor said.

In other words, community leaders — including those at Queen's Park and on Parliament Hill — need to "look at how we can create jobs in the present as quickly as we possibly can," Fontana said.

"I want to know what can be done for the rest of 2011."

Who's attending

A sampling of who will be represented at the meeting:

- MPs, MPPs.
- Labour unions, including the Canadian Auto Workers.
- Manufacturing sector, education sector, health sector.
- Small businesses.
- London Chamber of Commerce.
- London Economic Development Corp., Tourism London.

Fontana and at least some of those attending the summit also are focusing on the positives: London's come a long way since the height of the recession in 2008-09.

"Two years ago (unemployment) was 11 per cent," Fontana said. "I want to see it come down to seven per cent."

For Friday's meeting to render results, "actionable items" must come out of the discussion, said participant Joel Adams, executive director of University of Western Ontario's Research Park.

The Research Park is a business incubator that Adams said racks up success stories daily.

"I don't expect any of the people invited to play a passive role," he said. "You can't put the weight of the world on any one meeting. But ... it's got to be a productive use of time." ANGELA MULLINS

1 news

Face transplant patients enjoy 'amazing' normalcy as they increasingly go public. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Hundreds of Tai Chi practitioners bring a sea of calm to one of Toronto's busiest intersections. Video at metronews.ca

Follow us on Twitter @themetrolondon

Squash. Sale

▶ Jessica Toomer, left, sells produce from Dolway Organic Garden in Middlesex Centre to Kim Livingstone of London on Thursday outside Covent Garden Market. The outdoor farmers market is open 8 a.m. to 2 p.m. Thursdays and 8 a.m. to 1 p.m. Saturdays.

ANGELA MULLINS/FOR METRO

Outdoor farmers market keepin' it fresh

Students more stressed than ever: Officials

- Depressed students twice as likely to drop out: Study
- Some say it's tough to navigate mental-health website

ANGELA MULLINS
LONDON@METRONEWS.CA

When Fanshawe and UWO students return to school next month, they'll be cramming more than furniture and clothing into their dorm rooms.

Their move back to campus likely will pile a whole new set of stresses onto the everyday drama of Facebook putdowns and text-message tiffs with BFFs. When it all comes crashing together into a giant web of 20-something chaos, it means college students are facing more mental-health issues than ever, said Shirley Porter, a counsellor at Fanshawe College.

"Ten years ago someone may come in with a single issue," Porter said. "Now, it's a whole ball of issues."

The uptick has prompted colleges and universities nationwide to roll out suicide-awareness campaigns, wellness classes and stress-management workshops in recent years.

Still, the demand for services "has grown exponentially" in the past decade, said Dr. Robert Franck, head of the mental health clinic at McGill University in Montreal.

Last year, the clinic — one of the few in the country with several psychiatrists on staff — saw some 1,500 new students on top of those who return year-to-year, totalling more than 18,000 visits, he said.

Fanshawe formed a partnership last year with MindYourMind, a nonprofit mental-health program for youth, and directs students to iCopeU.com, a website designed to help young adults work through stresses. The college also has a program that gives students same-day access to counselling.

WITH FILES FROM THE CANADIAN PRESS

Common issues

Most common issues faced by students at Fanshawe College:

- Relationship and family problems.
- Stress/anxiety disorders.
- Personal/social struggles.
- Depression.
- Low self-esteem.

SOURCE: SHIRLEY PORTER, FANSHAWE COUNSELLOR

Vote for faster renewals: Liberals

Ontario's governing Liberals are promising to make it easier, and faster, to renew your driver's licence or health card if they win the Oct. 6 election.

The Liberals will introduce a service guarantee to refund any provincial fees if people have to wait more than 20 minutes at a ServiceOntario outlet.

THE CANADIAN PRESS

London men charged in copper theft

Two London men have been charged after more than $5,000 worth of copper wire was stolen from a construction site. Joseph Huisman, 27, and Jason Patterson, 31, have been charged with possessing break-in instruments and possession of stolen property exceeding $5,000.

METRO

Calling all pirate wannabees

On Saturday and Sunday, the Palace Theatre will host an intensive fight-training workshop. It will be an intensive session in rapier, hand-to-hand combat, swordplay, pirate boarding and more.

METRO

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NDP promises more space on roads

Ontario's New Democrats would impose rules to keep cars at least a metre away from cyclists as part of their environmental platform.

Leader Andrea Horwath says the plan is designed to encourage people to use their bikes, and would come with a $15 million-a-year investment for cycling infrastructure.

Drivers would face fines if they don't give cyclists the required space.

Horwath also says that if elected on Oct. 6, the NDP would make polluting companies pay for their waste instead of passing the burden on to consumers through eco fees.

On the energy front, the NDP vows almost 11,000 megawatts of renewables online by 2018, and an end to coal-fired power by 2014.

The party has already promised home energy retrofit rebates, a freeze for transit fares and a move away from nuclear power.

THE CANADIAN PRESS

TORSTAR NEWS SERVICE FILE

▶ Horwath

Cycling in the city

Ontario Medical Association wants new drivers to be tested on driving near cyclists Bike shop owner believes bike lanes are the key

MIKE ARSENAULT
LONDON@METRONEWS.CA

The relationship between drivers and cyclists can often be a tumultuous one, with tension simmering throughout street-safety debates.

"My biggest issue is that cyclists are on the road with the cars," said Reynold Vanherpe, owner of Reynold Cycle. "The problem is that a car is 5,000 pounds and a bicycle is 100 pounds — whether it's (the cyclist's) turn to go through the light or whatever, the cyclist is the one going to get injured (in an accident)."

Vanherpe is a big proponent of bike lanes to separate cyclists from drivers and avoid the possibility of collisions. While the city has instituted bike-only lanes, he believes location is a concern.

"If you're putting a bike path in a subdivision, it's really not necessary," Vanherpe said. "The cars are usually going slow, the traffic isn't there. Where you need the bike lanes is the main arteries (of the city)."

CONTRIBUTED

"It's definitely not just drivers — unfortunately, the cyclist is always going to be the loser (in an accident)."
REYNOLD VANHERPE, REYNOLD CYCLE

He puts blame on both sides for drivers and cyclists being unable to coexist peacefully on the road.

"I'd say 80 per cent of drivers respect cyclists. It's that 20 per cent that are in a hurry, are not paying attention," Vanherpe said. "On the other hand, we see cyclists going through stop signs and red lights all the time. It definitely goes both ways."

MIKE ARSENAULT/FOR METRO

▶ Dawn Marie bikes north on Talbot Thursday afternoon.

Driver testing

- The Ontario Medical Association has weighed in with a new report calling for the province to test the efficacy of new drivers' skills around bike riders.
- According to the OMA, there were 26,000 cycling-related emergency room visits in 2009.
- The OMA wants Queen's Park to include a section on car-bicycle interaction in the driver training manual and wants towns and cities to increase construction of bike lanes.

THE CANADIAN PRESS

Driving instructor covers bike basics

Steve Clark, owner of Young Drivers of London, ensures that his program contains information on interacting with cyclists.

"Yes, we talk about cyclists and cycle safety, no doubt about it," Clark said. "Once somebody's on the road on their own, that's a whole different question all together."

He believes any issues between drivers and cyclists can be solved easily.

"If all the drivers drove correctly and the cyclists cycled correctly, we really wouldn't have a problem," he said. "We've definitely got to fix some drivers and we have to fix some cyclists."

If cyclists are going to be on the road and "want to get respect from drivers, they have to operate in a predictable way," Clark said. "Flying through a stop sign is not a predictable way of riding your bike."

When asked about the viability of the Ontario Medical Association's recommendation to include driver training around cyclists, Clark quipped, "Are they suggesting that the Ministry of Transport find a willing volunteer to ride a bike on the road-test route? I would imagine the list would be pretty short for that." MIKE ARSENAULT

Reader response

We asked our readers what it's like to commute in London on a bicycle. Here's what you said:.

FACEBOOK

▶ **Daniel Grant:** It's like dodging moving objects.

▶ **Janice Quinn:** Dangerous actually, and people are very rude to cyclists! I have had quite a few people in cars beeping horns and flipping fingers just because I am on the road, or even better: drivers taking the time to tell me why I should not be on the road, but I thought they were in a rush since they where almost running me over to pass me!

But the best was yesterday: I was driving up Queen's at Adelaide and without warning a Canada Post truck pulled over into the bike lane and put his four ways on to deliver a package without warning or looking. When I told him to be more cautious, he told me to get a car!

I have been riding my bike for years now, and of all the cities I have biked London is the worst, and all the potholes seem to be in the bike lanes too ... but on a good note, the trails are beautiful in London.

▶ **Michael James Brown Rhb:** It can be quite challenging. London drivers are sometimes not as aware of cyclists, or of sharing the road as in other cities. I am a good cyclist: I follow the rules of the road, I signal my intentions, etc., but I still get yelled at on a fairly regular basis.

I think a large part of the problem is that the bike paths are very sporadic on London streets. Sometimes non-existent, sometimes they appear and then disappear two blocks later. It has to be confusing for drivers as well as cyclists.

▶ **Mel Sheehan:** If the London police want us to ride on the road, build more bike lanes ... and extend existing ones! Like Queens Avenue, Ridout Street, etc. Like really ... it's safer on the sidewalks and given the choice, I'd rather have to pay a fine than lose my life because people in London can't drive!

LTC buses are just as bad! Well, some of them! But still — stop constructing on the police station and building metal trees and a pointless fountain ... and build MORE BIKE LANES!

TWITTER

▶ **@NikkehSass:** I feel like drivers think you don't belong on the road. I'm often forced onto the sidewalk because Oxford is just too scary.

▶ **@maxamilli:** I still don't know how receptive Londoners are to the idea of bikers sharing the road, which leaves me split where to ride.

▶ **@_chialike:** Not an avid cyclist, but a lot of roads need work/bike lanes. As a driver I wish more cyclists would use hand signals.

▶ **@_CityMom:** for me it's easy & straight forward. Especially with the new CyclePod outside the convention centre. Confident bike storage!

▶ **@JasonFCJ:** @themetrolondon I started biking this summer (13kms) and I love it! It would be even better if drivers weren't so impatient.

▶ **@edjackman:** Some roads need work, most drivers are courteous, bike paths are great and it's an economical & enviro-friendly alternative.

▶ **@cstudies:** Our director bike commutes and says ... inspiring! I saw a bald eagle flying over the Thames River along Harris Park.

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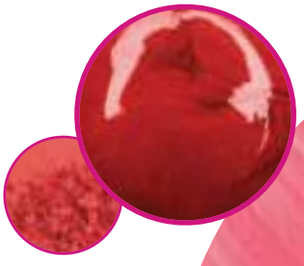

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SHOPPERS DRUG MART

Laid off ... and the living is easy

Eighteen co-workers clean up with a $7-million Lotto 6/49 win

JOE LOFARO
@METRONEWS.CA
METRO CANADA IN OTTAWA

First, 18 SMART Technologies employees in Ottawa got the bad news: They were being laid off.

Then came the good news.

They're heading to Toronto Friday to collect a multi-million-dollar lottery jackpot.

Colin Willard and his co-workers at the Kanata-based firm were told about the layoffs on Tuesday.

The next day, Willard bought a Quick Pick Lotto 6/49 ticket with 17 co-workers.

At 6:30 Thursday morning, Willard checked the numbers — and started shaking.

"My wife was wondering where we're going from here and now we don't have to worry about it."
COLIN WILLARD

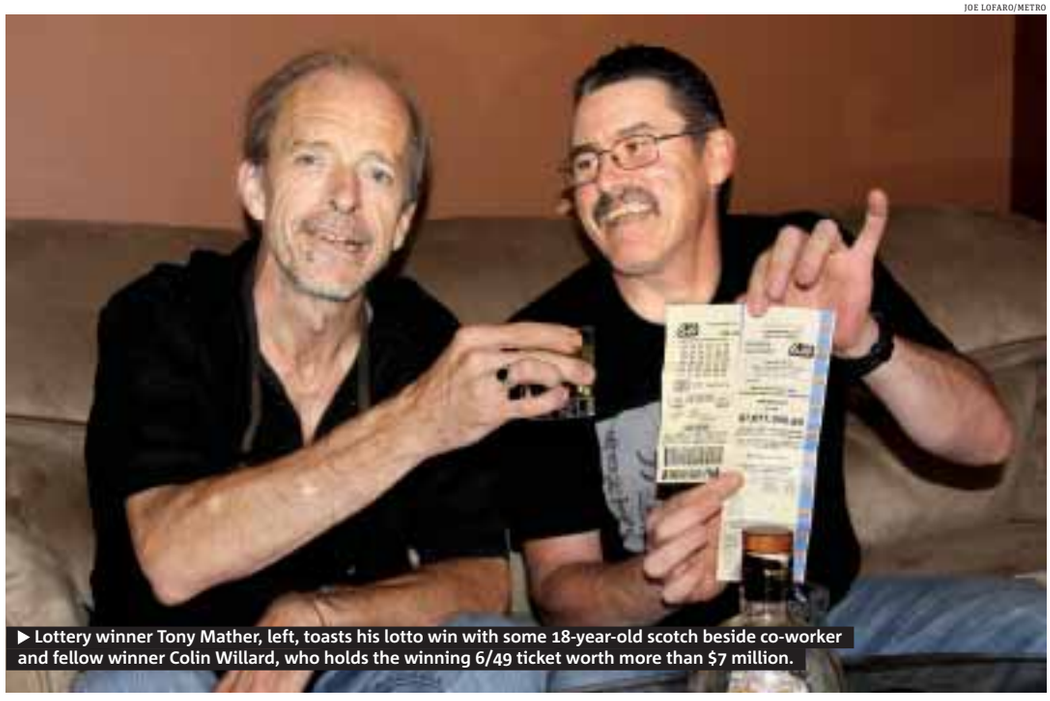
"I couldn't stop shaking," he said. "I didn't believe it and I asked somebody to come over and see if I was reading them right."

The grand-total payout is $7,077,095.80.

After doing their happy dance, the group arranged to divide the jackpot, giving each winner about $390,000.

Willard said he plans to pay off his mortgage and other bills, and eventually replace his truck with a new car.

JOE LOFARO/METRO



▶ Lottery winner Tony Mather, left, toasts his lotto win with some 18-year-old scotch beside co-worker and fellow winner Colin Willard, who holds the winning 6/49 ticket worth more than $7 million.

Metro four test the morning-after menace

KATIE TURNER/METRO

▶ Metro's Shelley Williamson tests her level of impairment after drinking nine beers.

JEREMY NOLAIS
IN CALGARY

Commuters who climb behind the wheel to drive to work after a long night at the watering hole are often contending with more than a hangover.

"First, you have the alcohol that's affecting your reaction time, but you also have to add in the lack of sleep," says Rob Haffner with Calgary Police Service alcohol education unit.

"You can still very well be impaired."

To put Haffner's concerns to the test, four Metro reporters signed on to mimic the practices of a "mid-week bender."

"(Morning impairment is) a real problem."
DENISE DUBYK, PRESIDENT OF MOTHERS AGAINST DRUNK DRIVING CANADA

Each participant drank as many cans of beer as they could over a five-hour period and then caught a couple of quick hours of shut-eye. In the morning, Haffner met the group to test their impairment.

Two staff members blew over the legal blood-alcohol limit of 80 milligrams per 100 millilitres of blood and would have faced serious penalty under the Criminal Code.

The other two participants also displayed numerous signs of impairment, including bloodshot eyes, slurred speech and reduced vision.

Haffner said he would have issued suspensions of one degree or another to each would-be driver.

Watch a video of our test at metronews.ca/calgary

Metro's testers

- **JAMES PATON, 25**
  Weight: 80 kilograms
  Beers consumed: 7
  Sleep: 4 hours
  1st reading: 45 milligrams
  2nd (10 minutes later): 36 milligrams
- **KATIE TURNER, 22**
  Weight: 61 kilograms
  Beers consumed: 7
  Sleep: 4 hours
  1st reading: 51 milligrams
  2nd (10 minutes later): 58 milligrams
- **JEREMY NOLAIS, 23**
  Weight: 95 kilograms
  Beers consumed: 9
  Sleep: 3.5 hours
  1st reading: 83 milligrams
  2nd (10 minutes later): 105 milligrams
- **SHELLEY WILLIAMSON, 40**
  Weight: 57 kilograms
  Beers consumed: 9
  Sleep: 3.5 hours
  1st reading: 105 milligrams
  2nd (10 minutes later): 80 milligrams

- **Note: Police say blood-alcohol readings can vary due to numerous factors. These test results are meant as examples only.**

Tricky door traps would-be thief in shop

A suspect is in custody after police freed him from the Ottawa pawn shop he's charged with attempting to rob.

The suspect is accused of trying to hold up a pawn shop in Vanier, in east Ottawa, with a fake gun, police said.

He ended up locked inside the shop.

Owner Kerby Official had run out and locked the front door behind him.

"Of course I have a back door, but I know how to open it. He doesn't," he said.

The tricky back door usually takes Official about a minute to open, he said.

METRO

A hooker not a robber?

The lawyer for a San Francisco woman charged with breaking into the hotel room of Jeopardy! host Alex Trebek says his client is a prostitute, not a thief.

Lucinda Moyers, 56, was in a downtown hotel to meet a john, he says.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

▶ Alex Trebek

Text trips up school

A Saskatchewan school division is facing a lawsuit over a student's cellphone.

A boy was texting in class at Riverside School in Prince Albert in 2010.

A statement of claim says the cellphone was taken away as per school rules and brought to the vice-principal, who allegedly read a text message about a stolen car.

The vice-principal allegedly said he would call police if the boy didn't co-operate.

The youngster brought police to the stolen vehicle — but allegedly had to move away because he feared retaliation for helping them.

THE CANADIAN PRESS

A new face ... and lips to kiss her loved ones

BRIGHAM AND WOMEN'S HOSPITAL/LIGHTCHASER PHOTOGRAPHY/THE ASSOCIATED PRESS

▶ An attack by a berserk chimpanzee left Charla Nash horribly disfigured, left. But skilful surgeons in Boston, Mass., gave her a new life with a face transplant.

Dramatic photos show chimp-attack victim's startling transformation

The new face of a woman who was mauled by a chimpanzee two years ago was revealed for the first time Thursday in photos showing a startling transformation.

"I will now be able to do things I once took for granted," said Charla Nash, 57.

"I will be able to smell. I will be able to eat normally. I will no longer be disfigured.

"I will have lips and will speak clearly once again. I will be able to kiss and hug loved ones.

"I am tremendously grateful to the donor and her family."

Nash, who's now living in a Boston-area nursing home, was attacked in February 2009 by a neighbour's 90-kilogram pet chimpanzee.

In late May, she underwent a full face transplant in Boston. She received skin, underlying muscles, blood vessels, nerves, a hard palate and teeth from a donor who had died.

THE ASSOCIATED PRESS

RIOTS AFTERMATH

Britain wants U.S. to help it defeat the thugs

Prime Minister David Cameron says Britain will look to the United States for solutions to gang violence after nights of riots and looting.

He promised authorities will get strong powers to stop street mayhem erupting again.

Cameron told lawmakers Thursday he is "acting decisively to restore order on our streets," as police raided houses to round up suspects from four nights of unrest in London and other English cities.

Cameron said authorities are considering new powers, including allowing police to order thugs to remove masks or hoods, evicting troublemakers from subsidized housing and temporarily disabling cellphone instant-messaging services.

He said the 16,000 police deployed on London's streets to deter rioters and reassure residents will remain through the weekend.

"We will not let a violent few beat us," Cameron said.

THE ASSOCIATED PRESS

950

Police swooped on houses across London Thursday, detaining suspects and retrieving stolen goods. The number of people arrested since Saturday rose to 950, with 457 suspects charged.

The London Lightning Fastball Organization is dedicated to providing girls within London and surrounding areas an opportunity to play competitive fastball... in all age categories.
London Lightning
Fastball
The London Lightning Organization is now accepting applications for coaching staff for the 2012 season.
Go online to register at www.eteamz.com/LondonLightningFastball/

Enter to
WIN
a family staycation!
Enter at clubmetro.com to win a Family Arctic Prize Package from the Children's Museum and a Family Staycation Package from the Best Western Lamplighter Inn. Valued at $650.
Children's
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RYAN TAPLIN/METRO

▶ Sailors watch the JS Kashima arrive in Halifax on Thursday morning. Three ships in the Japanese Training Squadron are visiting Halifax for the weekend.

Japan salutes Canadian boy for tsunami gift

◗ Three Japanese ships visit Halifax for first time since 2002 ◗ Training squadron will participate in exercise with HMCS Ville de Quebec on way out of area

JENNIFER TAPLIN
@METRONEWS.CA
METRO CANADA IN HALIFAX

Not every Dartmouth boy has his own replica Samurai helmet straight from Japan.

Nine-year-old Aleks Burchill stood wide-eyed as Rear Admiral Umio Otsuka, commander of the Japanese Training Squadron, presented him with the stunning gift onboard a Japanese ship.

Three Japanese ships arrived in Halifax Thursday morning as part of a five-month training cruise.

Burchill was recognized for his efforts in fundraising and sending more than 1,000 paper cranes to the people of Japan after the devastating earthquake and tsunami struck in March.

RYAN TAPLIN/METRO

▶ Aleks Burchill

Receiving such a gift in return was "fun and exciting," he added.

"I'm going to put it in my room where I've put all my other stuff from this project."

Being able to express gratitude for the international response makes this a special training cruise, said Otsuka.

"The Canadian government sent blankets for the people in the refuge in a very timely manner soon after the disaster occurred.

"People were hurt and scared and they pretty much lost everything. I decided I really wanted to do something to help." ALEKS BURCHILL

After that a lot of charity programs were running to help the people in Japan," he said.

"And the moral support from people like Aleks boosts our feelings up."

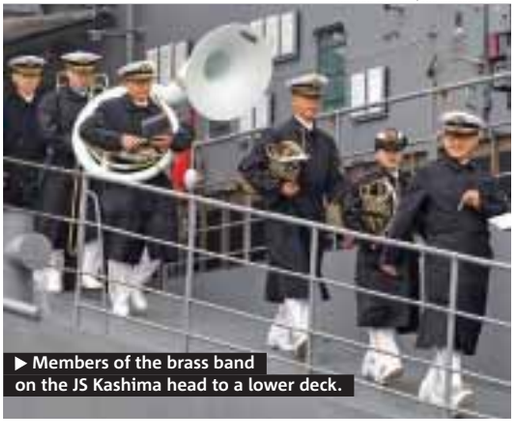
Reconstruction is still ongoing but thankfully only one part and not the whole country was struck by the earthquake and tsunami.

"The country is fully functioning and I urge you to go to Japan to spend your holiday," he said.

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Rear Admiral Umio Otsuka takes a salute.

ANDREW VAUGHAN/THE CANADIAN PRESS



▶ Members of the brass band on the JS Kashima head to a lower deck.

LAST TRIP FOR SUB

It was a sad day for submariners as a piece of Canadian naval history was carried out of the harbour on Thursday destined for an Ontario scrapyard.

The Okanagan, one of four Halifax-based Oberon-class submarines, was carried out on a barge in the morning. She's following the same journey her sister submarine, the Olympus, made in July to a shipwreckers in Lake Erie.

"It's sad when I think of the number of people who have gone through that submarine," said D.H. (Buster) Brown who served on the Okanagan for 13 years.

The Onondaga was spared the scrapyard and delivered to a museum in Rimouski, Que., in 2008. Now the last remaining Oberon rusting in the Halifax Harbour is the Ojibwa. The Elgin Military Museum is currently negotiating with the federal government and raising funds to house the Ojibwa as a museum exhibit in Port Burwell, Ont.

JENNIFER TAPLIN IN HALIFAX

Timmy's to keep plugging away

- Another price increase is not forseen, says CEO
- Chain is trying to nab bigger share of snack market

Coffee chain Tim Hortons is well positioned to survive the tough times as world markets tumble and consumers fret that another recession could be coming, the company's chief executive said Thursday.

CEO Paul House said the company has seen no change in spending patterns since a tumble on world stock markets in recent weeks sparked by the debt crisis in Europe and the downgrade of the United States' credit rating.

"I think our business has historically done fairly well through tough times and we continue to see it that way," House told analysts Thursday, the same day Tim's reported a slightly higher second-quarter profit of $95.5 million.

"Things like high gasoline and energy costs and so forth that hit the consumer for a share of their wallet is concerning, but having said that, great loyalty seems to hold the day for us."

A decrease in disposable income could hurt transaction volumes at Tims a little, as some twice-daily customers could reduce their java trip to once daily, House conceded.

Tim Hortons, like other chains, has been grappling with the climbing price of commodities like coffee, wheat and sugar. But House said the company is locked into lower prices from its suppliers until at least early into next year.

"Commodities are still obviously very uncertain as we look forward later into 2012. They're quite volatile, we're not sure where they're going to end up at," said House.

The company raised its menu prices about 4.5 per cent in April.

The only regions likely to see a price hike for the rest of the year are Alberta and other areas that have not yet been subjected to higher prices.

THE CANADIAN PRESS

Trade. Talks

▶ Canadian Prime Minister Stephen Harper walks with the president of Costa Rica, Laura Chinchilla Miranda, in San Jose on Thursday.

ADRIAN WYLD/THE CANADIAN PRESS

Harper in on Costa Rica

Prime Minister Stephen Harper announced new agreements on air transportation and the exchange of tax information between Canada and Costa Rica. Their free trade agreement will also be negotiated.

More jobless despite bailout

Greece's Statistical Authority says unemployment in the country jumped to 16.6 per cent in May, up from 12 per cent in the same month last year and 15.8 per cent in April 2011.

The agency said Thursday Greece had 220,534 more unemployed people in May this year compared to May 2010, an increase of 36.6 per cent. The number of jobless stands at 822,719 in the country of about 11 million people.

European leaders agreed in July on a second bailout worth $155 billion US for Greece, which had been granted its first rescue from international creditors last year.

The government has imposed strict austerity measures, increasing taxes and cutting public-sector pay and pensions.

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Trade deficit grows to $1.6B

Canada's trade deficit with the world expanded to $1.6 billion in June, in a sign of just how slow the economy grew in the second quarter.

The trade deficit for the month, hit by a drop in energy and automotive exports, was up from a $1-billion deficit in May, Statistics Canada reported Thursday.

Statistics Canada said merchandise exports fell 1.7 per cent in June, while imports were off 0.2 per cent. The trade surplus with the U.S. slipped to $3.6 billion in June from $3.7 billion in May and the trade deficit with countries grew to a record $5.2 billion in June from $4.8 billion in May.

Peter Hall, chief economist for Export and Development Canada, noted disruptions for exports caused by the Japanese earthquake and the tsunami.

"So some of the slowdown in momentum that we're seeing at the moment is not a demand problem, it is a supply problem." THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contract
+340.91 (12,539.80)	+ 0.66¢ (101.18¢ US)	+ 2.83¢ US ($85.72 US)	$4.108 (+ 10.5¢)	$1,751.50 (- $32.80)

PRICES AS OF 5 P.M. YESTERDAY

NOTHING SAYS YOU HAVE AN STI LIKE AN E-CARD

THE METRO LIST

MIKE BENHAIM
METRO

1 **Mad world:** A group of musicians including Eminem and Gaga are shooting a video in support of famine relief in Somalia. In London, hundreds gather in support of iPads and flat-screen TVs.

2 **Who's zooming whom?:** Canada's largest trading partner now has bad credit, and it reminds me of the time I drove my Altima to co-sign for my brother's new Porsche. Hey Stephen Harper, now might be a good time to buy Hawaii.

3 **Sports metaphor:** The NBA has locked players out pending revisions to the collective bargaining agreement, but their leverage is dwindling as stars like Kobe and LeBron consider playing in China. And they say life imitates art? Let's just hope they get paid in yen.

4 **That's the spirit:** It's Spirit Week in Winnipeg, and commuters get to ride the "Spirit buses" for free, explore the city's core, and see live musical performances. Consequently, a ride on Toronto transit is just as fun. Last week, I saw a guy talk to himself in two languages he didn't understand, a lady who believed she controlled the subway doors with her mind and a Jerry Garcia-looking dude playing air violin. Now *that's* entertainment!

5 **Hospital-ity:** A story in the Montreal Gazette pronounced that Canadians live longer and healthier lives than Americans, while paying less for health care. I have always maintained that it is cheaper to be insulted by frustrated, underpaid nurses in Canada than just about anywhere.

6 **Johnny's Drama:** The final season of Entourage is underway, and rumour has it they're taking their antics to the big screen. Executive producer Mark Wahlberg says he's even willing to fund it himself, which makes me think, "I'd really like to be friends with Mark Wahlberg."

7 **Boob tube:** This week began a new season of Bachelor Pad, proving that there is always an audience for lowliness. The 20 minutes I did watch took me through a range of emotions from shame to melancholy, but ultimately left me feeling much better about myself. Maybe they're on to something.

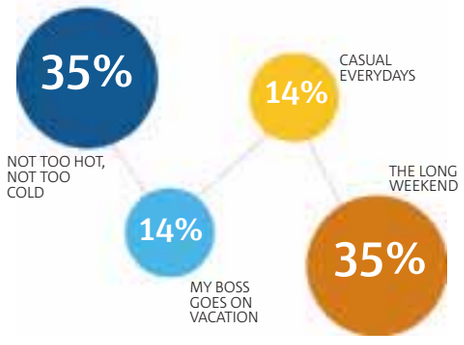
8 **Clap on. Clap off.** The B.C. government developed a website, InSpot.org, that lets promiscuous citizens send anonymous emails telling sexual partners that they have been exposed to an STI. They're keeping it simple for now, but eventually they will have creative greetings like, "I know you're a vegetarian. Sorry about the crabs," or "Merry Christmas. This card entitles you to 15 per cent off antibiotics." With news like this, the jokes just write themselves.

9 **Money for nothin':** This year's Teen Choice Awards were like a remix of Duck Sauce's Barbara Streisand song. The same names uttered repeatedly to a beat like, "Boom, Boom ... Justin Bieber. Boom, Boom ... Taylor Swift. Boom, Boom ... Selena Gomez." The Situation was upset he lost the award for male reality star to friend Pauly D. Why is this even a category? You acquire outrageous fortune with no talent and less than half a brain, and we should give you an award?

More from Mike Benhaim at metronews.ca/backbeat

Panel **Register at metropolitanpanel.ca and take the quick poll**

What's the best thing about August?



Local tweets

@g11tch: You know times are tough when you see a couple guys in a pickup truck at 3:00 am collecting pop cans out if recycle bins. #ldnont

- **@DayaCounselling:** Who forgot their coat today, #ldnont? I know I did. Feels like Fall!
- **@JrRuitenbeek:** If you ride your bike on the road (without a helmet) when there is a bike path and a sidewalk right beside you, you're the worst #ldnont
- **@FoodDrunkLondon:** Sometimes it doesn't matter how much sleep you get, its never enough #sleepwalking #ldnont
- **@kriskursdad:** Off to Gold's gym #ldnont
- **@ckraus2:** I think it says something about how much fun #uwo is when listening to last Friday night and realizing that all of those things do happen
- **@DeniseTesta:** Holy! Is anyone else in #ldnont chilled today? Brrrr
- **@ndalessa:** Spent the morning working on plans for Homecoming 2011 - the schedule is looking goooood! #pumped #uwo

Letters

Re: Firefighters won't give up 24-hour shifts, union says, published Aug. 10.

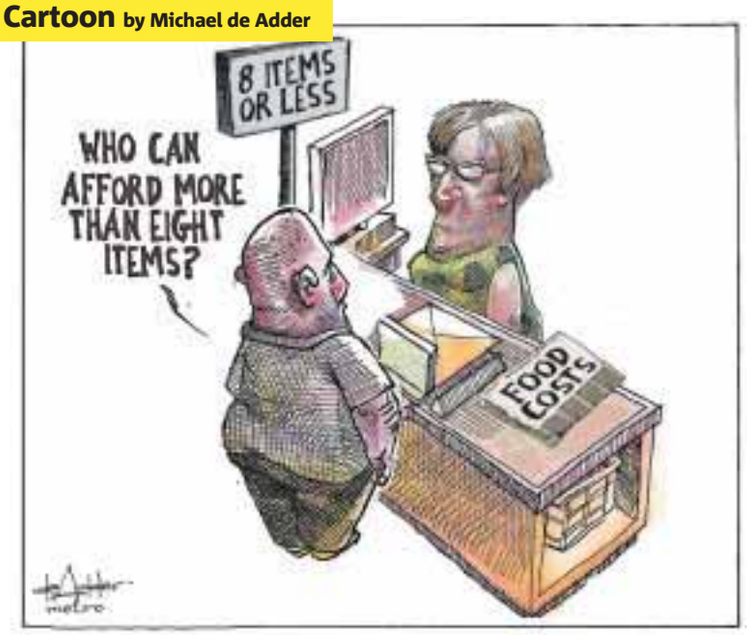
There is some information contained in the article that needs to be corrected.

The study referred to was commissioned by the Ontario Association of Fire Chiefs, not "the Ontario Association of Firefighters." The findings on sleep deprivation were not related to firefighters, but other occupations, and there was an attempt to carry over the findings into the firefighting profession. We are not aware of any accidents being attributed to the 24-hour shifts as a result of sleep deprivation.

London made the freely negotiated move to 24-hour shifts in 1997 as a cost-saving measure. We believe those savings are still in effect today as fewer firefighters are required due to decreased vacation time as a result of the 24-hour shifts. London has never been on an "eight-hour shift." Prior to 1997, we worked a 10- and 14-hour schedule resulting in a 42-hour work week — exactly what firefighters work today.

JIM HOLMES, PRESIDENT, LONDON PROFESSIONAL FIRE FIGHTERS ASSOCIATION

Cartoon by Michael de Adder



WEIRD NEWS

Urine and you're out

A famed Austrian museum has fired an employee for washing his hands and face with his urine.

Alfred Zoppelt says he was fired after 23 years of working as an attendant at the Belvedere, a castle in Vienna with major art works. He says his adherence to urine therapy was previously "never a problem."

Zoppelt, 57, said Thursday his notice from Belvedere says he was fired because "you regularly rub urine into your skin, particularly the face and hands. With this, you soil your place of work ... and threaten the health of your co-workers."

A woman answering the Belvedere press department phone confirmed that Zoppelt was fired but refused to give her name or further information.

Believers in urine therapy claim medical and cosmetic benefits but these have not been proven.

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Plot synopsis

- Very loosely based on a strange Erie, Penn., bank robbery, the story involves a slacker pizza delivery boy (Jesse Eisenberg) who is kidnapped by two moronic criminals (Danny McBride and Nick Swardson). They strap a bomb to his chest and order him to rob a bank or, in 10 hours, everything will go boom.
- **Ratings:**
  Richard: ●●●½
  Mark: ●●●

▶ Jesse Eisenberg, right, and Aziz Ansari star in 30 Minutes or Less.

Reel Guys

RICHARD CROUSE & MARK BRESLIN
SCENE@METRONEWS.CA

A raunchy good time

30 Minutes or Less offers an unexpectedly fun mix of action and humour
This low-rent film won't win an Oscar, but it's guaranteed to entertain

Richard: There's nothing genteel about 30 Minutes or Less. The presence of Danny McBride assures that.

If you don't like his brand of foulmouthed, anything-goes humour, then you'll find very little to like here. But, if McBride turns your crank, you'll find much to like here.

Mark: I am no fan of Danny McBride. He's always playing the same loutish character in every movie. But he worked for me here, probably because the tight script gave him so little wriggle room. On the other hand, I am a fan of Aziz Ansari, and for me he's the standout character in the film, with great and subtle line readings. Jesse Eisenberg? Let's just say he probably won't be nominated for an Oscar for this one.

RC: He may not get nominated for this one, but he does get a good Facebook jab in there. Good to see he can have a sense of humour about The Social Network, the biggest success so far. I have to agree with you about Ansari. He's a manic ball of energy here, and while I thought he might be too much in the beginning, by the end I was glad he was there. The other thing this movie has going for it is the pace. It moves like a rocket. The 90 minutes really does feel like 30 minutes, or less!

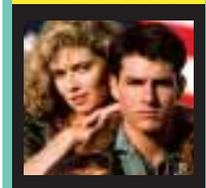
MB: I know. I ordered a pizza when the movie started, but it was over before it even arrived! I applaud the producers for knowing that the film is flimsy and ensuring that it doesn't overstay its welcome. We've seen this plot done as a thriller; as a comedy it's not going to be as gripping. But I thought its low-rent setting and general shabbiness fit with the rest of the movie. No one will be talking about the cinematography or costume design, will they?

RC: No they won't, but they will be talking about what a raunchy good time they had at the movies, and I think that is the goal of this kind of movie. It's Like the spiritual cousin to Eisenberg's Zombieland, an unexpectedly fun mix of action and humour.

MB: So it's a movie that aims low, and exceeds expectations!

2 scene

Scene in brief



When Top Gun was released 25 years ago, Kelly McGillis says she was constantly confronted by fans crooning You've Lost That Lovin' Feelin', the song Tom Cruise serenades her with in the hit film. "I couldn't go anywhere without people looking at me and singing to me," McGillis recalls.
THE CANADIAN PRESS

Suicides in movies tripled from 1950-2006, no difference whether film is PG-13 or R.

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Movie reviews See it twice ●●●●● | See it now ●●●● | Worth watching ●●● | Yawn ●● | Don't bother ●

Final Destination 5
Genre: Horror/Thriller
Director: Steve Quale
Stars: Nicholas D'Agosto, Emma Bell, Arlen Escarpeta
●●●½
There's something delightfully straightforward about the Final Destination franchise, a series that knows what it is and doesn't pretend to be anything else. It also knows why you're here: to see a group of witless young adults miraculously cheat death, only to have it catch up with them one by one in ever-more complex ways.

The biggest surprise is that, five films in, the franchise is actually at its best, managing to work in macabre laughs and a clever twist that rewards eagle-eyed viewers. But what about those infamous death scenes? Some are more elaborate than others, but all are executed with delicious tension and teasing.

Let's just say you'll never watch a gymnastics contest the same way.
● NED EHRBAR

Glee: The 3D Concert Movie
Genre: Documentary
Director: Kevin Tancharoen
Stars: Cory Monteith, Dianna Agron, Lea Michele
●●● For Gleeks
●● For everyone else
Glee: The 3D Concert Movie literally sings to the choir. If there ever was a movie made for fans, this is it. A concert film, with real life fan testimonials tucked in between the pop songs and show tunes, the music loses most of its context when there isn't a storyline to play off of. What's left is essentially karaoke with some nifty dance moves thrown in for good measure.
Highlights include Lea Michele warbling through a Barbara Streisand tune; but when Mark Salling sings Fat Bottom Girls it doesn't sound so much like a Queen classic as it does the squealing death of rock and roll.
● RICHARD CROUSE

Beginners
Genre: Drama
Director: Mike Mills
Stars: Ewan McGregor, Christopher Plummer, Melanie Laurent
●●●
Music video guru and Thumbsucker director Mike Mills exorcizes some demons from his father's death with this sweetly melancholic autobiographical comedy. Ewen McGregor plays Mills and Christopher Plummer plays his father who came out of the closet at 75 before dying of cancer shortly thereafter. There's also a painfully realistic love story between the broken character played by McGregor and an equally damaged actress played by Melanie Laurent. It's a movie about life, loss and finding love despite neurosis and crippling depression. ● PHIL BROWN

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ELIZABETH BANKS
ZOOEY DESCHANEL
EMILY MORTIMER
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Teri Hart, THE MOVIE NETWORK
"ONE OF THE YEAR'S BEST MOVIES!"
Bonnie Laufer, TRIBUTE CANADA
the Help
"A WONDERFULLY ACTED, HEARTFELT STORY!"
Richard Crouse, CANADA AM
"★★★★"
Jeff Craig, SIXTY SECOND PREVIEW
"Breathtaking!"
Guy Farris, ABC-TV/SACRAMENTO
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THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 12 TO THURS., AUG. 18. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

HANDOUT

▶ Rise of the Planet of the Apes stars Freida Pinto and James Franco.

LONDON

Mustang Drive-In -London 2551 Wilton Grove Rd., 519-644-1160

Captain America: The First Avenger (PG) Fri-Sat 9 Sun-Thu 11
The Change-Up (14A) Fri-Sat 11:10 Sun-Thu 9
Crazy, Stupid, Love. (PG) Fri-Sat 8:55 Sun-Thu 10:30
Final Destination 5 (STC) Fri-Sat 11 Sun-Thu 8:55

Hyland Cinema 240 Wharncliffe Road South, 519-913-0313

Listings not available at press time.

Rainbow Cinemas London 355 Wellington St., 519-434-3073

30 Minutes or Less (14A) Fri-Thu 1:15-3:20-7:10-9:15
The Change-Up (14A) Fri-Thu 12:50-3:30-7:15-9:40
Crazy, Stupid, Love. (PG) Fri-Thu 1:10-3:40-6:55-9:25
Final Destination 5 3D (STC) Fri-Thu 1-3:15-7:05-9:20
The Help (PG) Fri-Thu 12:55-3:45-6:50-9:40
Princess Mononoke (STC) Fri 11:30
Rise of the Planet of the Apes (PG) Fri-Thu 1:20-3:55-7:25-9:50
The Smurfs (G) Fri-Thu 1:05-3:25-7:20-9:35

Western Film Room 340, UCC Building,

Bridesmaids (14A) Fri-Thu 7
Friends With Benefits (14A) Fri-Thu 9:30

Wellington 8 Cinemas 983 Wellington Rd. S, 519-685-2529

30 Minutes or Less (14A) Fri-Thu 1:50-4:20-7:15-9:40
The Change-Up (14A) Fri-Thu 1:20-4:10-7:10-9:45
Crazy, Stupid, Love. (PG) Fri-Thu 12:45-3:30-6:30-9:20
Final Destination 5 3D (STC) No Passes Fri-Thu 1:30-4-7-9:35
Glee the 3D Concert Movie (STC) Fri-Thu 1:40-4:15-6:50-9:30
Harry Potter and the Deathly Hallows: Part 2 (PG) Sat-Sun 12:50-3:50
Horrible Bosses (14A) Sat-Sun 7:20-9:50 Mon-Thu 12:50-3:50-7:20-9:50
Rise of the Planet of the Apes (PG) Fri 6:45-9:25 Sat-Thu 1:10-3:45-6:45-9:25
The Smurfs (G) Fri-Thu 1-3:40-6:40-9:15

Cineplex Odeon Westmount & VIP Cinemas 755 Wonderland Road South, 519-474-2796

30 Minutes or Less (14A) Fri-Thu 1:30-4:30-7:20-10:20 Fri-Tue 1-4-7-10 Wed 1-4-6:30-10 Thu 1-4-7-10
Captain America: The First Avenger 3D (PG) Fri-Thu 12:30-3:30-6:30-9:30
Cowboys & Aliens (STC) Fri-Thu 1:20-4:20-7:30-10:15
Crazy, Stupid, Love. (PG) Fri-Thu 12:50-3:50-6:50-9:50
Final Destination 5 3D (STC) No Passes Fri-Thu 1-4-7-9:45
Harry Potter and the Deathly Hallows: Part 2: 3D (PG) Fri-Thu 12:40-3:40-6:40-9:40 Fri-Tue 12:30-3:30-6:30-9:30 Wed 12:30-3:30-9:30 Thu 12:30-3:30-6:30-9:30
Horrible Bosses (14A) Fri-Tue 1:40-4:40-7:40-10:25 Wed 4:40-7:40-10:25 Thu 1:40-4:40-7:40-10:25 Star & Strollers Screening Wed 1
M*A*S*H (STC) Wed 7
Rise of the Planet of the Apes (PG) Fri-Thu 1:10-4:10-7:10-10 Fri-Thu 1:30-4:30-7:30-10:30

SilverCity London 1680 Richmond St, 519-673-4125

30 Minutes or Less (14A) Fri-Sat 1:20-4-7:15-10:20 Sun 1:20-4-7:15-10:15 Mon-Thu 1:20-4-7:15-10:20
Captain America: The First Avenger (PG) Fri-Sat 12:45-3:45-6:30-9:25 Sun 12:45-3:45-6:30 Mon-Thu 12:45-3:45-6:30-9:25
The Change-Up (14A) Fri-Tue 1:05-4:10-6:55-10:30 Wed 4:10-6:55-10:30 Thu 1:05-4:10-6:55-10:30 Star & Strollers Screening Wed 1
Cowboys & Aliens (STC) Fri-Sat 12:20-3:15-6:50-9:50 Sun 12:20-3:15-9:50 Mon-Thu 12:20-3:15-6:50-9:50
Crazy, Stupid, Love. (PG) Fri-Thu 12:30-3:40-6:40-9:40
Final Destination 5 3D (STC) No Passes Fri-Thu 1:30-4:15-7:30-10
Glee the 3D Concert Movie (STC) No Passes Fri-Thu 12:05-2:35-5:05-7:25-10:05
Harry Potter and the Deathly Hallows: Part 2: 3D (PG) Fri-Thu 12:35-3:50-7:10-10:15
The Help (PG) No Passes Fri-Thu 12-3:20-6:45-10:10
Horrible Bosses (14A) Fri-Thu 2-5-7:35-10:25
Rise of the Planet of the Apes (PG) Fri-Thu 12:10-3:30-6:45-9:30
The Smurfs 3D (G) Fri-Thu 11:55-2:25-4:55-7:20-9:45
WWE: SummerSlam 2011 (STC) Sun 8

‘I’m a fighter, what can I say?’

Conan star Rose McGowan is 103 pounds of ‘you’re gonna die’

NED EHRBAR
SCENE@METRONEWS.CA
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SIMON VARSANO

▶ Rose McGowan as Marique in Conan the Barbarian.

In Conan the Barbarian, Rose McGowan ditches her usual glam look to portray Marique, a slithering, blade-wielding sorceress out to help her father (Stephen Lang) raise the dead and take over the world.

The part called for hours in the makeup chair and plenty of swordplay — not that McGowan is complaining, mind you.

Metro sat down with the always outspoken actress to chat about risking injury on set, the future of the Red Sonja remake and fighting above her weight class.

In Conan the Barbarian, you get to play with some pretty fun weapons.

That’s fun, great fun. I think just as a girl I’m so consistently underestimated, especially because I weigh, like, 103 pounds. People treat you like you’re this little doll. I’m like, my brain — which I think is why I’m always so injured — is not in line with what my body is like. So I’m like Scrappy Doo out there, fighting the big guys, which is why I always wind up getting hurt, because I have this unfortunately delicate frame.

With you being in Conan, does this mean you can’t be Red Sonja?

I can’t do that based on my injury. It’s not worth it. It’s not worth paralysis — being that I was paralyzed in my right arm from a stunt gone wrong.

I had three surgeries in my wrist, three in my elbow, part of the elbow bone out. There’s points where you’re like, ‘OK, there are real-life situations and there are movie situations.’

And I’ve done things on film to save a shot. There was a huge camera up on a crane — this was on Death Proof — and it was supposed to swing its arm, and out of the corner of my eye I saw it just falling, just swooping really fast. I should’ve just ducked out of the way, but I didn’t want to ruin the shot, so I just turned my head to side and just laughed. And it literally just whipped through my hair. It would’ve probably decapitated me.

Might I suggest you should do some dramas instead?

I just did one! Although actually I got the crap beaten out of me for about two weeks straight by my husband in the movie, now that I think about it.

It was hard not going, ‘I’m going to kick your ass now,’ because I’m used to that instead of just taking it like a mouse.

So does the injury mean you’re looking for fewer genre roles?

I will always. I’m a fighter, what can I say? And it’s also just great fun. I love flying on wires and things being blown up around me and things lighting on fire. That’s the fun part of what I do. I don’t have to sit behind a desk. ‘What did you do at work today?’

‘Well... I flew over a 30-foot wall with a giant mushroom cloud explosion behind me. Half my hair burned off, but it looked fantastic!’

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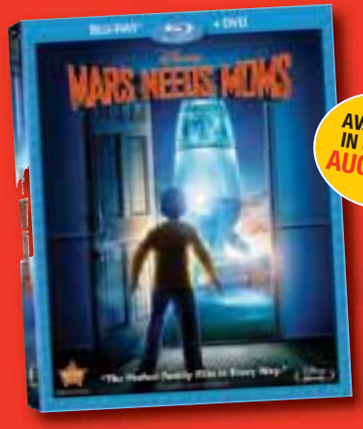

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Hudson praising her mother for parenting

A recent mother herself, Kate is telling people she is thankful for Goldie

ALL PHOTOS GETTY IMAGES

Kate Hudson

Kate Hudson says she's aspiring to be like her own parents when it comes to raising her kids.

"My parents allowed my brother and I to have our freedom," she tells Elle magazine. "(We could) be ourselves and feel confident in our choices and make mistakes without too much judgment."

Hudson hopes she "can do as good of a job" as her mom, Goldie Hawn, who "never hands out unsolicited preachy words of wisdom," she says.

And despite having a newborn at home, Hudson isn't slowly down.

"I would never want to be with someone who complains and goes, 'Oh, my God, my life is so crazy,'" she says. "If you make the best of it, it can be amazing." METRO

Talking points

American Idol cast remains unchanged

JUST RUMORS. It looks like there won't be any shakeups this year for American Idol, as Jennifer Lopez, Steven Tyler, Randy Jackson and Ryan Seacrest have all reportedly inked deals to return.

"I am delighted to say that all three judges, along with the brilliant host of American Idol, are back for the next season," executive producer Nigel Lythgoe said in a radio interview with Seacrest. Lopez had reportedly been "on the fence" earlier this summer about returning to the reality competition. METRO

Celebrity tweets

@jtimberlake
"I surfed in Hawaii for a month and only showered twice!!! I'm not gonna lie, I smelled!!"

@denisleary
"I love my wife deeply and forever but I do have to say: Jennifer Aniston Jennifer Aniston Jennifer Aniston."

@kirstiealley
"Why would you think rumors are true when even people you know well, will on occasion, lie to your face??..Don't gossip it's just insidious"

@JerrySeinfeld
"Comedy is just complaining in an entertaining way. Enterplaining."

Glee star now wary of tabloids

PRESS Glee star Dianna Agron already has one headline-friendly past relationship — with ex Alex Pettyfer — under her belt, but she's planning to keep her future affairs out of the tabloids.

"It's really sad looking at people like Lindsay Lohan," Agron says in an interview with Cosmopolitan magazine.

"She's an amazing actress, but you see what happens when people know too much about your personal life. They start not being able to look at you the same way professionally. I don't want that to happen to me." METRO

Kutcher highest paid TV actor

After joining Two and a Half Men, Ashton Kutcher has become the highest paid actor on television, pulling in $700,000 an episode for the half-hour comedy, according to TV Guide.

Charlie Sheen used to hold that title before getting fired from the same sitcom, where he made $1.2 million an episode.

"There is great value in hiring an actor like Ashton Kutcher," CBS head Nina Tassler says.

"He is an extraordinarily professional, talented, funny, gifted actor who comes with a tremendous amount of commitment and enthusiasm, embraced by an extraordinarily talented cast." METRO

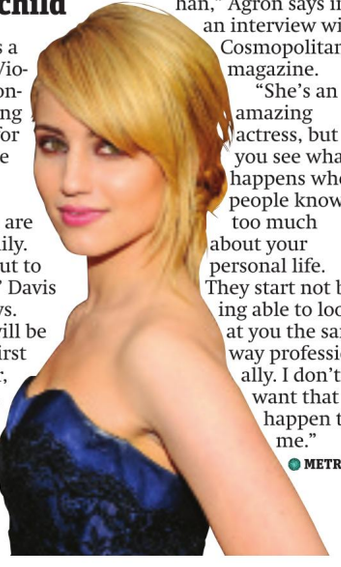
Ashton Kutcher

Davis prepares to adopt child

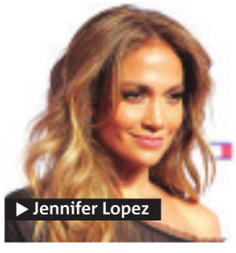
EXPECTING. It's a big week for Viola Davis. Not only is she earning rave reviews for her role in The Help, but she and husband Julius Tennon are starting a family.

"We're about to adopt a baby," Davis tells to E! News.

The baby will be the couple's first child together, while Tennon has two children from previous relationships. METRO



Anthony can't let go of J-Lo


Jennifer Lopez

Jennifer Lopez reunited with estranged husband Marc Anthony this week in the Hamptons, according to TMZ.

The pair were spotted riding in the back of a red convertible in Southampton, N.Y., where Anthony was visiting to see his children, his rep explains. And he's reportedly not taking their divorce well.

"His mood shifts from blaming her to begging her to take him back to telling her she is destroying his life," a source tells Us Weekly, adding that while working out the details of their impending divorce, Anthony was 'being difficult on every little point.'" METRO

Lobster: Little crustacean, big taste

Impress family and friends at your next backyard get-together with delicious barbecued lobster ◗ It's healthier than some meat options

NEWS CANADA

▶ Lobster is a healthy option as it contains less cholesterol and calories than meat.

You can impress your friends and family this summer with this delicious and healthy barbecued lobster recipe.

In fact, lobster is an appetizing and very nutritious barbecue option as it contains less cholesterol, calories, and saturated fats than typical grilling choices such as lean beef, pork, and chicken.

This fun summer recipe from Halifax's Clearwater Seafoods, one of the world's leading seafood companies, is an ideal choice for your next backyard get together.

Barbecued Lobster with Red Pepper and Lime Butter

Preparation:

1 Bring large pot of salted water to a boil; plunge in lobsters for 4–6 minutes to blanch. Remove and cool lobsters until you can handle them. Cut in half, lengthwise, remove viscera, and crack claws.

2 Preheat oven to 425 F. Brush red pepper with oil, place on a baking sheet and roast for 15 minutes, turning several times. Remove from oven and cool. Carefully peel off pepper skin, remove seeds and chop pepper. Place softened butter, red pepper, zest and juice from limes in a blender and process until smooth. Season with salt, pepper and cayenne. Set aside at room temperature.

3 Prepare marinade by combining olive oil, garlic, lemon juice, chives, coriander and black pepper. Rub thoroughly over lobster and let stand 20 minutes. Barbecue lobster flesh–side down on a hot grill until golden. Turn, brush flesh with red pepper butter and cook, shell side down for another 6 – 8 minutes. Allow the lobster to rest on warm plates, top with remaining red pepper butter.

NEWS CANADA

Ingredients:

- 4 Clearwater lobsters
- 1 Red bell pepper, peeled and seeded
- 2 tbsp oil
- 1 cup butter, softened
- 2 limes, juice and zest to taste
- Salt and pepper
- pinch Cayenne pepper
- 2 garlic cloves, chopped
- 1 lemon, juices
- 1 ¼ cup fresh chives and coriander, chopped
- Ground black pepper, coarse
- Lemon wedges as garnish

A barbecue wine lesson

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
TWITTER: @THEREALWINEGUY

Even though I treated my barbecue with kid mitts, last weekend saw the passing of my nearly five-year-old gas fired girl. Sadly, modern grills seem to have the staying power of a Jennifer Lopez marriage so I had to say hello to a shiny new addition to my back deck.

I like nothing better than a nicely prepared burger so a plethora of patties was the best way to christen my latest investment. It was also a great opportunity to experiment with a barbecue-ready wine.

The Rhone Valley is the home of the syrah grape (a.k.a. shiraz) to the north and the grenache grape to the south. Those reds labelled Côtes du Rhône come from vineyards throughout and are often a blend of both.

Ogier's 2009 Héritages Côtes du Rhône ($14.95 - $17.99) is a well-balanced combo of ripe, black fruit (from the grenache) and subtle pepper spice (thanks to the syrah), which makes it a perfect grilling wine with enough fruit to work nicely with milder sauces, marinades and a cornucopia of condiments. **PRICES REFLECT THE RANGE ACROSS CANADA. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

3 life

Store lobster

Clearwater Lobster is the most sought after lobster in the world. One of the great things is that it stores easily.

Live:

- Lobsters should be kept cool and moist at 3 to 5 C.
- Store refrigerated, covered with a layer of wet newspaper; no more than 12 hours.
- Don't store live lobsters on ice or in fresh or salted water. **NEWS CANADA**

Biotechnology may help to feed a hungry world.

4 sports

Quoted

"I really didn't play the game to be in the Hall of Fame. That wasn't my job. My job was to go out there and win ballgames, have a good time and take care of my family."

DENNIS RODMAN IN SPRINGFIELD, MASS., THURSDAY. THE FIVE-TIME NBA CHAMPION WILL BE ENSHRINED INTO THE NAISMITH MEMORIAL HALL OF FAME ON FRIDAY.

NATHAN DENETTE/THE CANADIAN PRESS

▶ Maria Sharapova reacts after missing a shot against Galina Voskoboeva on Thursday.

Voskoboeva solves problem of Maria

World No. 5 stunned as top seeds continue to fall at Rogers Cup in Toronto

In a season full of talk about parity in women's tennis, unheralded Galina Voskoboeva became the latest to step up and prove that point Thursday.

The 26-year-old from Kazakhstan, ranked 135th in the world, dispatched No. 5 Maria Sharapova 6-3, 7-5, on a day that not only marked the ousting of one of the sport's biggest stars, but the ejection of a couple of newly minted Grand Slam champs.

Voskoboeva beat the Russian veteran with lovely drop shots and had Sharapova chasing balls back to the baseline all game long.

DARREN CALABRESE/THE CANADIAN PRESS

"I felt like a junior on the court. ... At the beginning of the match, I didn't even know what I should do on the court." NO. 6 SEED LI NA

Sharapova became the latest casualty of the Rogers Cup women's draw, which has seen 11 of the 16 seeds bow out.

"It makes for an exciting story because at the end of the day it doesn't matter what you're ranked or seeded, the reason we go out and play the matches is to know who's going to be the winner on that day," said Sharapova, who has 23 career singles titles.

French Open champion Li Na was also knocked out of action with a 6-2, 6-4 loss to No. 10 seed Samantha Stosur of Australia. And No. 11 Andrea Petkovic of Germany joined Stosur in the quarter-finals after cruising past seventh-seeded Petra Kvitova of the Czech Republic 6-1, 6-2. Kvitova won Wimbledon last month.

Thursday's loss of star power came a day after No. 1 Caroline Wozniacki was ousted. Also gone: Second-seeded Kim Clijsters, who withdrew earlier this week due to an abdominal injury, former world No. 1 Jelena Jankovic and No. 9 seed Marion Bartoli, who were dispatched in their opening matches. THE CANADIAN PRESS

Djokovic through to quarters in Montreal

Novak Djokovic kept his sizzling season ablaze Thursday, downing Marin Cilic 7-5, 6-3 to reach the men's quarter-finals of the Rogers Cup.

The top-seeded Serb, in his second match since taking over the world No. 1 ranking, broke the lanky Cilic's heavy serve twice in the second set. His record improved to 50-1 this year and 26-0 on hard courts.

The 24-year-old Djokovic is seeking his ninth tournament win of the season.

Seventh-seeded Tomas Berdych also advanced with a 6-3, 7-6 (2) victory over Ivo Karlovic of Croatia in a battle of hard-serving giants. Berdych is six foot five while Karlovic is six foot 10.

Berdych evened his career mark against Karlovic at 2-2, but it was their first meeting in three years.

THE CANADIAN PRESS

PAUL CHIASSON/THE CANADIAN PRESS

▶ Novak Djokovic

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SIGN-STEALING SCENARIO DOESN'T MAKE ANY SENSE

MIKE ARSENAULT
FOR METRO NEWS

The Toronto Blue Jays find themselves in the middle of a sports media maelstrom after being accused of concocting an elaborate ruse to steal pitching signs from their opposition at Rogers Centre.

If the Jays are stealing signs, then they're doing a terrible job. If you're going to cheat, then pull out all the stops — think Second World War Enigma code-breaking type of stuff — not having some nefarious man in white raise or lower his arms to differentiate fastballs from breaking pitches.

Plus, the team is only two games above .500. If you have the answers to an exam, why would you only give yourself a barely passing grade?

A casual fan may look at the accusations and see a kernel of truth. As a baseball player, let me tell you the story is a complete fabrication.

From the time a catcher puts down his signal, there are — at most — five seconds before a pitcher releases the ball.

In five seconds, we are supposed to believe the catcher's signal is viewed by a second gunman on the grassy knoll. It's then relayed to the man in white, who gives his signal to the batter over 400 feet away. The batter acknowledges the signal and is then able to hit a ball travelling more than 90 miles an hour or a pitch with 16 inches of break out of the park.

A major-league hitter is focused on the ball from the moment a pitcher starts his windup. How in the hell is he going to look for the man in white's signal and then try to hit a ball when it's already halfway to the plate?

Imagine hitting a golf ball, but you can only look at the ball after your swing is on a downward plane. It's impossible.

I can't believe this story still has legs. Next week, we'll be hearing about the unicorn that lives underneath the bleachers along the third-base line.

MIKE ARSENAULT IS A PITCHER WITH THE LONDON MAJORS AND FREELANCE REPORTER WITH METRO.

Blue Jays have a tough afternoon

10	3
ATHLETICS	BLUE JAYS

Brad Mills' location issues became a problem for the Toronto Blue Jays on Thursday.

The left-hander allowed six runs in his third and final inning in the shortest start of his major-league career as the Oakland Athletics won the rubber match of the three-game series 10-3.

The Blue Jays had a slow start and stayed that way.

"We were flat, there was no question about it," manager John Farrell said. "Typically in day games you have to set the tone from the mound, and we were unable to do that."

The Blue Jays (59-58) committed two errors, gave up nine walks and hit two batters as the Athletics (53-64) got three runs batted in from Conor Jackson on a triple and a sacrifice fly.

Hideki Matsui had four hits and two RBIs and Cliff Pennington hit a two-run double while Guillermo Moscoso (5-6) allowed two runs, one earned, and three hits while striking out five in six innings for Oakland.

J.P. Arencibia hit his 19th homer of the season for Toronto in the seventh inning against Fautino De Los Santos.

THE CANADIAN PRESS

RICK EGLINTON/TORSTAR NEWS SERVICE

▶ Edwin Encarnacion looks dejected during Thursday's loss to Oakland.

CHRIS JOHNSON

Titans ready with rich offer

The Titans are ready to make Chris Johnson the highest-paid running back in NFL history — all he has to do is show up at camp so they can finalize the deal.

General manager Mike Reinfeldt told The Associated Press on Thursday that Johnson's agent was the first person they called once the NFL's lockout was lifted.The Titans reworked Johnson's contract a year ago to give him more money in 2010 and promised to talk to him again a year later. But they want Johnson in training camp before completing a new extension. THE ASSOCIATED PRESS

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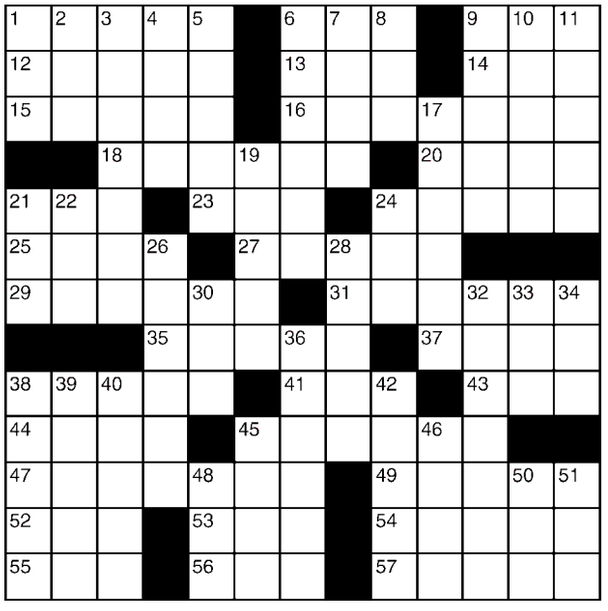
Crossword



Across
1 Smells
6 Fire residue
9 Peculiar
12 Column style
13 Menagerie
14 Expert
15 Parasite sucker
16 Very convenient, as shopping
18 Drainage network
20 Sommelier's suggestion
21 Overweight
23 Hatchet
24 Shoe fasteners
25 Help a hood
27 Muslim faith
29 Leave
31 Reveal
35 Sew loosely
37 Unforeseen problem
38 Commandment verb
41 Work unit
43 Tokyo's old name
44 Skin opening
45 Fashions
47 Low-rated, as a movie
49 Different
52 "— -Tiki"
53 Japanese sash
54 Sleep soundly?
55 Geological period
56 "Of course"
57 Fully filled

Down
1 Lubricate
2 Fawn's mama
3 Ballroom dance in 2/4 time
4 Uncle Ben's product
5 Unstressed vowel symbol
6 Portuguese island group
7 Half the children
8 Weeding need
9 Vision-related
10 Hum boringly
11 Nitwits
17 Overwhelms
19 Ways out
21 Craze
22 Copper head
24 Remiss
26 "You Turned the — on Me"
28 Suspicious
30 Scoundrel
32 Having no sequel
33 Blue
34 Swelled head
36 Popular 1990s computer game
38 Put one's two cents in
39 Esteem
40 Sports venue
42 Lipstick alternative
45 "Quién —?"
46 Sicilian spouter
48 Plaything
50 Before
51 Roulette choice

▶ Yesterday's answer

D	O	D	O	■	S	O	W	■	A	T	O	P
E	P	I	C	■	A	N	A	■	S	H	I	A
M	E	N	U	■	L	E	I	■	H	I	L	T
O	C	E	L	O	T	■	F	O	R	A	Y	S
■	■	■	A	R	M	■	■	H	A	M	■	■
S	T	I	R	■	I	N	C	O	M	I	N	G
E	E	L	■	■	N	I	A	■	■	N	U	N
C	A	L	D	W	E	L	L	■	Z	E	B	U
■	■	U	R	I	■	■	A	G	O	■	■	■
L	A	M	E	N	T	■	M	E	D	I	C	S
I	R	I	S	■	A	N	I	■	I	T	A	L
M	A	N	S	■	K	E	N	■	A	C	R	E
O	B	E	Y	■	E	W	E	■	C	H	E	W

Sudoku

			9	2				5
9		2		7		8		
					1			6
	5	8	2	6		4		
		6				3		
		9		4	8	1	6	
8			4					
		1		5		6		7
3				1	9			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	4	7	3	5	8	9	6	1
6	1	9	4	7	2	8	3	5
5	8	3	9	1	6	2	7	4
7	5	8	6	4	9	1	2	3
9	2	4	7	3	1	5	8	6
1	3	6	2	8	5	7	4	9
3	7	5	1	2	4	6	9	8
8	6	2	5	9	3	4	1	7
4	9	1	8	6	7	3	5	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Mitchel
Hey Babe!! I miss you like crazy and I can't wait till you come back home!! I don't know what to do with myself when you are gone :(I love you with all my heart!! **KRISTY**

Hunter
Hey,you no one but you knows who this is ,so i can say in front of the whole city "I love you " I do ,you know . Can t wait till we go to Hong Kong. **EBF**

"Muffin"
I Just wanted to let you know how special you are to me, I Adore every inch of you,Can't wait to kiss those sexy lips. Love "Pie" Xoxoxox **PIE**

ToJohn
I miss you babe. <3 Come back to me my love! **TICK**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You may be at your most confident. But you must accept that some people will not agree with your views.
♉ Taurus April 21-May 21 Some people get emotional for the most ridiculous of reasons. Such a person will give you a hard time today.
♊ Gemini May 22-June 21 Only you can decide to continue with something you had high hopes for.
♋ Cancer June 22-July 22 You will have to be tough on people who lack your vision and passion but you must be sympathetic, too.
♌ Leo July 23-Aug.23 Follow your gut, even if it leads you in directions not everyone is happy with.
♍ Virgo Aug. 24- Sept. 22 You may be tempted to tell a lie to avoid a conflict but chances are you will just make matters worse.
♎ Libra Sept. 23-Oct. 23 Everyone's emotions are a little bit on edge with the approaching full moon. Strive to stay calm.
♏ Scorpio Oct. 24-Nov. 22 Take initiative and show people that you are the kind of individual who can be trusted to get a job done.
♐ Sagittarius Nov. 23-Dec. 21 If you want to be happy, you need to be out and about, seeing new places, meeting new people.
♑ Capricorn Dec. 22-Jan. 20 Try not to worry too much about your cash flow situation.
♒ Aquarius Jan. 21-Feb. 18 If you have a bad feeling about what someone is proposing, act on it.
♓ Pisces Feb. 19-March 20. You seem to be working harder than ever but are you working towards your objectives or those of other people? **SALLY BROMPTON**

Caption contest

AP PHOTO

KOJI SASAHARA/ THE ASSOCIATED PRESS

WIN!

You write it!

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†On selected products only, from August 12-18, 2011. Only available at Metro locations in London, Ontario, excluding St. Thomas store. Excludes tobacco products, Western Union, lottery, transit tickets, gift card purchases, prescription, prescription services and other professional pharmacy services. Some conditions apply. See in-store for full details. ††Minimum purchase of $50 or more before taxes, after discounts and exclusions in a single transaction. One offer per applicable transaction only. This offer cannot be used in conjunction with any other store wide bonus offer. Offer subjected to change without notice. Offer applies to total base reward miles earned. AIR MILES Base and Bonus offers exclude prescriptions, products containing codeine, postal service, stamps, Gift Card Express, Rexall Pharma Plus Gift Cards, lottery, transit tickets and taxes. Offer valid at participating Rexall™ and Rexall™ Pharma Plus locations only in the province of Ontario, excluding the region of Thunder Bay. †††Offer valid August 13-14, 2011 at participating RONA stores and its other banners in Ontario only. Minimum purchase of $80 required in a single transaction excluding taxes and the purchase of gift cards. Bonus offer coupon must be presented at time of purchase. Limit of one coupon per visit, per Collector Account, per day. Cannot be combined with any other offer, with the exception of Bonus offers on products. No cash value. Offer not applicable to purchases charged to store accounts and cannot be combined with certain offers to commercial clients. Bonus offer applies to the total base reward miles earned on qualifying purchase amount or amount paid as a deposit on special order. Some conditions apply. Details in-store. Credit card offer subject to Desjardins Card Services credit approval. Offer valid only on qualifying purchase amount charged to the RONA credit card in a single transaction or on the first in-store transaction the day you apply for the RONA credit card. ‡Offer valid until October 2, 2011 at participating Shell locations. Minimum $40 fuel purchase required. Minimum $10 in-store purchase excluding tax is required per transaction to earn 10x offer. Minimum $5 in-store purchase excluding tax is required per transaction to earn 5x offer. One Bonus offer per transaction. Tobacco products, car wash and service bay repairs are not eligible. Maximum number of Bonus reward miles awarded per transaction is 290. ‡‡Bonus AIR MILES offer is valid August 12-14, 2011 at participating Ontario locations when you present your Collector Card at time of purchase. No coupon required. Not valid for online purchases made at thechildrensplace.ca. Offer valid for purchase of $60 or more in a single transaction, net of refunds and exclusive of taxes, discounts, and gift card purchases. Offer applies to total base reward miles earned. Offer cannot be combined with any other AIR MILES Bonus offer. ®™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor trademarks are owned by the respective Sponsors or authorized for their use in Canada.